



Name: Jaakko Matias Teikari date 28.09.2023

Current address: 92 Blvd Guynemer suite 307  
Beausoleil, 06240 France  
PL 130, 00181 Helsinki, Finland

Telephone: +358 44 510 4453

E-mail: jaakko.teikari@gmail.com

Date of Birth: July 2:nd, 1953  
Sex: Male  
Marital status: Single  
Place of birth: Huittinen Finland  
Parents: Irma and Matti Teikari, farmers  
Sister Soili Teikari, M.B.A.,  
Brother Martti Teikari, medical doctor  
Architect  
Children: Jannike (designer, entrepreneur)  
Sini (manager SAP), Carmel (student -  
medicine), Elias (student)

Alma Mater: Forssan kaksoisyhteislyseo, Finland

Studies at  
an university: University of Helsinki,  
faculty of medicine 1973  
candidate of medicine 1975  
(equivalent to bachelor)  
licentiate of medicine 1979  
(equivalent to M.D.)  
Ph.D. (thesis on Glaucoma) University of  
Helsinki 1988  
Master of Public Health (M.P.H.)  
University of California Berkeley, 1989  
Harvard Medical School, Boston MA 1989

Under guidance of Dr Chylack, to study the LOCS classification system for grading of cataract to be used in the Finnish Twin Cohort Study (FTCS)  
 Speciality in Ophthalmology, University of Helsinki 1992  
 Adjunct professor (Docent) at University of Turku, Finland 11.2.2000

Other examinations: ECFMG (Examination for foreign medical graduates)  
 TOEFL (1987, october)  
 American Academy of Ophthalmology Continuing Medical Education (ACCME) total credit 344 hours  
 ABOC American Board Opticianry certified 1989  
 NCLC National Contact Lens Certified 1989  
 EBOD European Board of Ophthalmology Diplomate, Milan, Italy 1995  
 Board certified, ophthalmologist Sweden 7.9.2005 (Socialstyrelsen)  
 Board certified ophthalmologist in Norway (Statens Autorisasjonskontor) 5.11.2008  
 Board certified ophthalmologist in United Kingdom 1.12.2017  
 Board certified ophthalmologist in Estonia (Health Care Board of Estonia 31.7.2008)

Military service: One year service at marines, mine officer

Language skills: Finnish (mother tonque)  
 Swedish: excellent knowledge spoken and written since 1973 (C1 level passed 2020)  
 English: excellent knowledge spoken and written since 1973  
 German: excellent knowledge spoken and written since 1973  
 Estonian: excellent knowledge spoken and written since 1997

Interests: Music, golf, dance, tennis, outdoor sports

Other merits: Finnish Champion in ballroom and latin dances 1985 (partner Anne Soitinkangas)  
 Tango 2023 <https://youtu.be/cl6Xyg0F1K8>

Contribution in charity missions  
 Ophthalmologist: Give a gift of sight. Thailand 2000  
 Give a gift of sight. Tunisia 2000

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 MAIN EMPLOYMENTS IN THE FIELD OF MEDICINE AS A MEDICAL DOCTOR

Stockholms Läns Landsting, regional doctor Periodic, Sweden	010177-171277
Racksta sjukhus, Sweden, internal medicine	171277-170178 220878-311078
Forssa regional hospital, pediatrics	180679-120879 090680-100880  130781-310781  260782-290882
Helsinki city hygiene adviser	011079-311079
Koskela hospital, Helsinki, ophthalmology	050684-130684 020784-140884
Laakso hospital, Helsinki, ophthalmology	311284-050185
Helsinki city part time medical doctor primary health care total: 2381 hours	010180-300683
Helsinki university hospital, department of ophthalmology, ophthalmology	040783-070883 050384-180384 260384-010484 250684-010784 240984-250984 291084-181184 191184-251184 171284-231284 140185-200185 240685-300685 010785-070785 080785-100785 110785-110885 010786-300986 190187-120487 110690-270892
Vantaa healthcarecenter, ophthalmologist	220185-101185 251185-011285 091285-191285
University of Helsinki, department of Public health, research scientist	010183-300683 010783-311283 010184-310184 010484-310784

	170984-050385
	060385-300685
	010785-310885
	010985-311285
	310186-300987
University of California San Francisco	
Dept of Ophthalmol, Hearst Fellow	011187-301088
Postdoctoral fellow at University of California, Department of Ophthalmology	011188-311289
Finnish Science Academy (Suomen Akatemia)	
Research assistant	010188-300689
Medicom LLC, MT, USA	
Private ophthalmology consulting	010191-
Optiprof 2000 OY	
Private practice, Ophthalmologist in chief	010191-
Optiprof Finland	
Private practice, Ophthalmologist in chief	210409-
Optiprofi Screening OY, Chief Ophthalmologist	010115-
Optiprof Estonia OÜ, chief - owner	010115-
Region Västernorrland, Sweden	
Diabetic retinopathy Screening program	010819-
Region Norrbotten, ögonläkare Luleå sjukhus	051020-091020
Orkdal eye, Orkanger, Eye specialist, Norway	070823-110823

Grants and stipendiums:

Finnish cultural foundation	7000 Fmk	1984
Finnish doctor's society	9000 Fmk	1985
Eye-bank foundation	6000 Fmk	1985
Eye foundation	6000 Fmk	1986
Eye and tissue bank foundation	20000 Fmk	1987
Lääkintöhallitus	8000 Fmk	1988
Finnish Science Academy	60000 Fmk	1988
Duodecim Foundation	20000 Fmk	1988
Lääkintöhallitus	20000 Fmk	1988
Finnish Cultural Foundation	35000 Fmk	1989
Lääkintöhallitus	10000 Fmk	1989
Jahnsen Foundation	20000 Fmk	1989
Finnish MSD	5000 Fmk	1991
Georg C Ehnrooth Foundation	30000 Fmk	1991
Eye Foundation	10000 Fmk	1991
Jahnsen Foundation	20000 Fmk	1991
University of Helsinki	8000 Fmk	1992
F Hoffmann La Roche, Basel	250000 Fmk	1993
Bausch & Lomb Finland	10000 Fmk	1993
Juho Vainio Foundation	30000 Fmk	1994

## ORIGINAL SCIENTIFIC PUBLICATIONS

1. Teikari JM., Koskenvuo M., Kaprio J., Vannas A.: Nature and nurture in the etiology of OAG - A twin study. Proceedings of the VII:th Congress of the European Society Ophthalmology, 576-577, 1985.
2. Teikari JM., Raivio I.: Incidence of Choroidal malignant melanoma in Finland in the years 1973-1980. Acta Ophthalmologica 63:661-665, 1985.
3. Teikari JM., Raivio I.: Incidence of acute glaucoma in Finland in the years 1973-1982. ACTA XXV CONCILIUM OPHTHALMOLOGICUM, Proceedings of the XXV International Congress of Ophthalmology, Rome, Italy, May 4-10, 1986, Kugler Publications/Ghedini Editore, 1987 Kugler & Ghedini Amsterdam/Berkeley/Milano, pp 786-790.
4. Teikari JM., Raivio I., Nurminen M.: Incidence of acute glaucoma in Finland in the years 1973-1982. Geafe's Arch Clin Exp Ophthalmol 225:357-360, 1987.
5. Teikari JM., Raivio I.: Validity of hospital discharge registry in acute glaucoma. Acta Ophthal 65:589-590, 1987.
6. Teikari JM., Kaprio J., Koskenvuo M., Vannas A.: Ophthalmic diseases in twins. A nationwide record linkage study of hospital discharges and free medications for 16.067 twin pairs. Acta Genet Med et Gemellologiae (Roma) 36:523-534, 1987.
7. Teikari JM., Raivio I.: Seasonal variation in incidence of primary closed angle glaucoma in Finland in the years 1973-1982. New Trends in Ophthalmology - Vol II - N.2/1987, 463-469.
8. Teikari JM.: Genetic factors in open-angle (simple and capsular) glaucoma - A population-based twin study. Acta Ophthalmologica 65:715-720, 1987.
9. Teikari JM., Airaksinen J., Kaprio J., Koskenvuo M.: Primary open-angle glaucoma in 2 mz twin pairs. Acta Ophthalmol 65:607-611, 1987.
10. Teikari JM., Kaprio J., Koskenvuo M., Vannas A.: Heritability of refractive errors - a population-based twin study. Proceedings of the Fifth International Congress on Twin Studies. Amsterdam, September 1986.
11. Teikari JM.: Closed angle glaucoma in 20 twin pairs. Canadian Journal of Ophthalmol 23(1):14-16, 1988.
12. Teikari JM.: Myopia and stature. Acta Ophththalmol 65:673-676, 1987.
13. Teikari JM., Kaprio J., Koskenvuo M., Vannas A.: Heritability estimate for refractive errors - a population-based sample of

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adult twins. *Genetic Epidemiology* 5:171-181, 1988.

14. Genetic and epidemiologic studies of open angle (simple and capsular) and angle-closure glaucoma. Thesis. University of Helsinki, Helsinki 1988, 590 pages.

15. Teikari JM, O'Donnell J: Astigmatism in 72 twin pairs. *Cornea* 8(4):263-266, 1989.

16. Teikari JM, O'Donnell J, Kaprio J, Koskenvuo M. Genetic and Environmental Effects on Oculometric Traits. *Optometry and Vision Science* 66(9):594-599, 1989.

17. Teikari JM, O'Donnell J. Epidemiologic data on adult glaucomas. Data from the Hospital Discharge Registry and the Registry of Right to Free Medication. *Acta Ophthalmol (Copenh)* 67(2):184-191, 1989.

18. Teikari JM, Koskenvuo M, Kaprio J, O'Donnell J: Study of Gene-Environment Effects on Development of Hyperopia: A Study of 191 Adult Twin Pairs from the Finnish Twin Cohort Study. *Acta Gen Med Gemellol* 39:133-136, 1990.

19. Teikari JM. Genetic Influences in Open-Angle Glaucoma. *International Ophthalmology Clinics* 30:161-168, 1990.

20. Wright MM, Skuta GL, Drake MV, Chang LF, Rabbani R, Musch DC, Teikari J: Time Course of Thymoxamine Reversal of Phenylephrine-Induced Mydriasis. *Arch Ophthalmol* 108; 1729-1732, 1990.

21. Teikari JM, Kaprio J, Koskenvuo M. Pseudoexfoliation of the Lens Capsule in Six Twin Pairs. *Glaucoma* 12:183-189, 1990.

22. Teikari JM, O'Donnell J, Kaprio J, Koskenvuo M. Impact of Heredity in Myopia. *Human Heredity* 41:151-156, 1991.

23. Teikari JM, O'Donnell J, Nurminen M, Raivio I. Acute angle-closure glaucoma and sunshine. *Journal of Epidemiology and Community Health* 45:291-293, 1991.

24. Teikari JM, Airaksinen PJ. Twin study on cup/disc ratio of the optic nerve head. *British Journal of Ophthalmology* 76(4):218-220, 1992.

25. Teikari JM. Heritability of defects of far vision in young adults - a twin study. *Scandinavian Journal of Social Medicine* 20(2):73-78, 1992.

26. Rabinovitch T, Weissman SS, Ostler HB, Sheppard JO, Teikari J. Acanthamoeba keratitis: clinical signs And analysis of outcome. *Rev Infect Dis* 13:Suppl 5:8427, 1991.

27. Teikari JM, Lindström M. Visual acuity, contrast sensitivity and light transmission with the use of sunglasses. *Int J Sports Vision* 2, 1 29-35, 1995.

28. Teikari JM, Virtamo J, Rautalahti M, Palmgren J, Liesto K, Heinonen OP: Long-term supplementation with alpha-tocopherol and beta-carotene and age-related cataract. *Acta Ophthalmol* 75:634-640, 1997. IMPACT.

29. Teikari JM, Laatikainen L, Rapola JM, Virtamo J, Haukka J, Liesto K, Taylor P, Heinonen OP: Retinal Vascular Changes following Supplementation with Alpha-tocopherol or Beta-carotene. *Acta Ophthalmol* 76:68-73, 1998.

30. Teikari JM, Laatikainen L, Virtamo J, Haukka J, Rautalahti M, Liesto K, Albanes D, Taylor P, Heinonen OP: Six-year supplementation with Alpha-Tocopherol and Beta-Carotene and Age-Related Maculopathy. *Acta Ophthalmol* 76:224-229, 1998.

31. Teikari JM, Rautalahti M, Haukka J, Järvinen P, Hartman AM, Virtamo J, Albanes D, Heinonen O: Incidence of cataract operations in Finnish male smokers unaffected by alpha-tocopherol or beta-carotene supplements. *Journal of Epidemiology and Community Health* 52:468-472, 1998.

#### COMMUNICATIONS PRESENTED IN AN INTERNATIONAL SCIENTIFIC MEETING

1. Teikari JM., Kaprio J., Koskenvuo M., Vannas A., O'Donnell J.: Heredity of chronic open-angle glaucoma - a twin study. *Investigative Ophthalmology / Visual Science* Vol 26, 3, 1985 (abstract).

2. Teikari JM, Koskenvuo M, Kaprio J, Vannas A: Nature and Nurture in the etiology of OAG - A twin study. *Proceedings of the VII:th Congress of the European Society of Ophthalmology*, 576-577, Helsinki 1985.

3. Teikari JM., Kaprio J., Koskenvuo M., Vannas A., O'Donnell J.: Genetic vs environmental factors in the etiology of chronic open-angle glaucoma: A population - based twin study. *Second NEI Symposium on Eye Disease Epidemiology*, Maryland, June 5-7, 1985. (abstract)

4. Teikari J, Ilkka R: Incidence of acute glaucoma in Finland in the years 1973-1982. *XXV International Congress of Ophthalmology*, Rome, Italy, May 4-10, 1986. Kugler Publications / Ghedini Editore, Amsterdam/Berkeley/Milano. (abstract)

5. Teikari JM., Raivio I.: Seasonal variability in the incidence of acute glaucoma in Finland. *New trends in Ophthalmology*, Roma, 1986 (abstract).

6. Teikari JM., Kaprio J., Koskenvuo M.: Inheritance of myopia. *Third International Conference on Myopia*, May 2, 3 & 4, 1986, Rome, Italy. Myopia International Reserach Foundation, New York (abstract).

7. Teikari JM.: Seasonal variation in incidence of acute glaucoma in Finland in the years 1973-1982. *IX:th Congress of*

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the International Society of Geographical Ophthalmology (abstract).

8. Teikari JM., Kaprio J., Vannas A., Koskenvuo M.: Heritability of refractive errors. A Population - based twin study. ARVO 1986, Supplement to Investigative Ophthalmology & Visual Science, Sarasota 28.4.-2.5. 1986, Vol 27 No 3 1986 (abstract).

9. Teikari JM., Kaprio J., Koskenvuo M., Vannas A.: Heritability of refractive errors: A Population - based twin study. Fifth International Congress on Twin Studies. Amsterdam 15-19 September 1986 (abstract)

10. Teikari JM., Raivio I.: Season and mean sunshine hours are risk factors for closed angle glaucoma. XI Scientific Meeting of the International Epidemiological Association, 8-13 August 1987, Helsinki (abstract).

11. Teikari JM, O'Donnell J. Epidemiology and meteorologic associations of acute angle-closure glaucoma. ARVO 1988, Supplement to Investigative Ophthalmology & Visual Science, Sarasota 1 to 6:th of May 1988, Vol 29 No 3, 1988, p.238 (abstract).

12. Teikari JM, O'Donnell J. Twin study on Defects in Far Vision. VIII:th Congress of the European Society of Ophthalmology, Lisbon 16-20 May, 1988 (abstract).

13. Heritability of contrast sensitivity. XII Congress, Asia Pacific Academy of Ophthalmology, May 30- June 4, Seoul, Korea 1989. (abstract)

14. Drake MV, Wright MM, Skuta GL, Chang LF, Rabbani R, Teikari J, Mush DC. Thymoxamine reversal of Phenylephrine induced mydriasis. ARVO 1989, Supplement to Investigative Ophthalmology & Visual Science, Sarasota April 30 to May 5:th 1989, Vol 30 No 3, 1988, p.247 (abstract).

15. Teikari JM, O'Donnell J. Contrast sensitivity in twins. ARVO 1989, Supplement to Investigative Ophthalmology & Visual Science, Sarasota April 30 to May 5:th 1989, Vol 30 No 3, 1988, p.406 (abstract).

16. Rabinovitch T, Weissman SS, Sheppard J, Teikari J, Ostler B. Acanthamoeba keratitis: Evaluation of clinical signs and predictors of outcome. ARVO 1989, Supplement to Investigative Ophthalmology & Visual Science, Sarasota April 30 to May 5:th 1989, Vol 30 No 3, 1988, p.38 (abstract).

17. Teikari JM: Heritability in Chronic Open Angle Glaucoma. Frederick C. Cordes Eye Society. Giannini Auditorium, Bank of America Building, San Francisco, April 6, 1989.

18. Study of gene-environment effects of development of hyperopia: A study of 191 adult twin pairs from the Finnish Twin Cohort Study. Sixth International Congress on Twin Studies, Rome,



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Italy 1989. Acta Genet Med Gemellol 38:244-245, 1989 (abstract).

19. Neuroretinal rim area in 17 twin pairs. Proceedings of the International Society for Eye research, Vol VI, Helsinki, Finland 1990, pp205 (abstract).

20. Teikari JM. Genetic determination of neuroretinal rim area. Inv Ophth Vis Sci 32:4:1015, 1991.

21. Teikari JM. Genetic vs environmental effects determining the cup/disc ratio of the optic nerve head. 8th International Congress on Twin Studies. Richmond Virginia May 28-June 1, 1995.

22. Teikari JM, Laatikainen L, Virtamo J, Haukka J, Rautalahti M, Liesto K, Heinonen OP. Alpha-tocopherol and beta-carotene in age-related macular degeneration, A placebo-controlled clinical trial. Inv Ophtha Vis Sci 36:4:s9, 1995. (Abstract).

23. Laatikainen L, Teikari J, Virtamo J, Haukka J, Rautalahti M, Liesto K, Heinonen OP. Alpha tocopherol and beta carotene in age-related maculopathy, A placebo-controlled clinical trial. Xth Congress European Society of ophthalmology. Milano, June 25-29, 1995, pp 35.

24. Teikari JM, Virtamo J, Liesto K, Haukka J. Supplementation with alpha-tocopherol (vitamin E) and beta carotene and senile cataract: a factorial design, double-blind, randomized, placebo-controlled clinical trial. Xth Congress European Society of ophthalmology. Milano, June 25-29, 1995, pp 74.

25. Teikari JM. Alpha-Tocopherol and Beta-Carotene Supplementation and Age-Related Cataract. 12th International Conference on Pharmacoepidemiology. Amsterdam, August 25-28, 1996.

26. Laatikainen L, Teikari JM, Virtamo J, Haukka J, Rautalahti M, Heinonen OP. Alpha-tocopherol and beta carotene supplementation in age-related maculopathy, a placebo-controlled clinical trial. Macular Workshop, Bath, England 16-21st June, 1996.

27. Teikari JM, Laatikainen L, Virtamo J, Rautalahti M. Alpha-Tocopherol and Beta-Carotene Supplementation and Visual Acuity. Abstract: American Academy of Ophthalmology October 27-31, Chicago, USA: p 117, 1996.

28. Teikari JM, Laatikainen L, Virtamo J, Rautalahti M. Asteroid Bodies and Long-Term Supplementation with Beta-Carotene. Abstract: American Academy of Ophthalmology October 27-31, Chicago, USA: p 158, 1996.

#### INVITED COMMUNICATIONS PRESENTED IN AN INTERNATIONAL SCIENTIFIC MEETING

1. Genetic factors in glaucoma. IV Oslo Symposium in Ophthalmology. Dec 1-2, 1990. Oslo, Norway. (Invited speaker).

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2. Antioxidants and Age-Related Cataract. Frederick C. Cordes Eye Society, Scientific Meeting, April 11, 1996. Grand Hyatt on Union Square, San Francisco, CA, USA.

PUBLICATIONS OF GENERAL INTEREST

1. Teikari Jaakko (editor). Abstracts of ongoing research in the department of Public Health Science University of Helsinki February 1983. Helsingin Yliopiston Kansanterveystieteen Laitos, Helsinki, Finland 1983.

2. Teikari JM, Vainio T. Tarkkana auringossa. Optikko 2;5-9, 1993.

3. Teikari JM., Lindström M., Vainio T. Aurinkolasit - Caveat Emptor. Tekniikan Maailma. 6:72-81, 1994.